

# Small Farm Expo

PUTTING TOOLS FOR SUCCESS IN THE  
HANDS OF SMALL ACREAGE LANDOWNERS



— 2005 —

Saturday, March 19th 9:00 am - 3:00 pm

King County Fairgrounds, Enumclaw

**FREE ADMISSION**

For more information contact 206-205-3206 or visit [www.metrokc.gov/wsuc-ce/farmexpo](http://www.metrokc.gov/wsuc-ce/farmexpo)

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The Enumclaw Courier-Herald

# King County Agriculture

Good for our economy,  
our environment and  
our quality of life.



## Did you know ?

- The total value of agriculture products sold annually by King County farmers is nearly \$94 million.
- Farmers in King County raise over 200 types of vegetables. Pumpkins, squash, zucchini, lettuce, beets, corn and carrots are major crops.
- The average King County dairy farm produces enough milk for nearly 30,000 people per year.
- King County has a drainage assistance program to assist farmers with the maintenance of agricultural watercourses.
- There are approximately 2000 beef cattle in King County.
- The King County horse population is one of the highest in Washington
- The King County Farmland Preservation Program, created by voters in 1979, is one of the first such programs in the United States. Since then, over 13,000 acres of King County farmland is owned and preserved for farming through this program.
- The King County Agriculture Commission made of citizens active in agriculture; meets monthly to discuss agriculture related issues and agricultural land use. **Call 206-296-1471 for more information (or [laurie.clinton@metrokc.gov](mailto:laurie.clinton@metrokc.gov))**

Protecting farmland helps maintain **fish and wildlife** habitat and provides **beautiful, natural aesthetic value** which, blended with urban elements, diversifies the **lifestyle that we cherish** in the Pacific Northwest.

## SPRING (April - June)

### Vegetables

Asparagus      Mushrooms  
Broccoli      Peas - (June)  
Cauliflower      Radishes      Spinach  
Salad Greens:  
*Mixed Lettuce, Leaf, Mizuna, Tat Soi, Arugula*

### Fruits

Apples      Rhubarb      Winter Pears  
Strawberries - (Beginning Mid-June)

### Seafood

Clams      Scallops      Shrimp  
Oysters

## SUMMER (June - August)

### Vegetables

Beets      Celery      Spinach  
Broccoli      Cucumbers      Squash: Summer  
Cabbage      Eggplant      Tomatoes  
Carrots      Green Beans  
Cauliflower      Potatoes: New      Onions: Sweet  
Corn: Sweet      Peas - (June, July)  
Salad Greens:  
*Mixed Lettuce, Leaf, Mizuna, Tat, Soi, Arugula*  
Hearty Greens:  
*Bok Choy, Chard, Collard Greens, Kale, Mustard Greens*  
Lettuce: Head, Leaf  
Peppers: Sweet, Hot



## FRESH From The Heart of Washington!

[www.heartofwashington.com](http://www.heartofwashington.com)

### Fruits

Apples      Currants      Plums  
Apricots      Gooseberries      Raspberries  
Blackberries      Melon      Strawberries  
Blueberries      Nectarines  
Cherries      Peaches

### Seafood

Fresh Sockeye Salmon      Fresh Chinook Salmon  
Fresh Pink Salmon      Prawns

\* Available in temperate regions only, in the beginning of the season.  
¹ Peak harvest season for this product. However, this product is stored and available in other seasons from local sources.  
² Until first local frost.

## FALL (September - November)

### Vegetables

Beets      Cucumbers  
Broccoli      Garlic      Potatoes¹  
Cabbage      Kohlrabi      Pumpkins  
Carrots¹      Leeks      Radishes  
Cauliflower      Lettuce      Rutabaga  
Celeriac      Mushrooms      Shallots¹  
Corn: Sweet²      Onions      Spinach  
Brussel Sprouts      Parsnips      Turnips  
Squash: Summer² & Winter¹      Peppers: Sweet, Hot²  
Salad Greens:  
*Mixed Lettuce, Leaf, Mizuna, Tat, Soi, Arugula*  
Hearty Greens:  
*Bok Choy, Chard, Collard Greens, Kale, Mustard Greens*

### Fruits

Apples¹      Blueberries      Grapes  
Apple Cider¹      Cranberries      Pears¹  
Asian Pears      Currants      Raspberries  
Blackberries      Gooseberries

### Nuts

Hazelnuts      Walnuts

### Seafood

Clams      Mussels      Fresh Keta Salmon  
Geoduck      Oysters      Fresh Coho Salmon

## WINTER (December - March)

### Vegetables

Carrots      Mushrooms      Potatoes  
Garlic      Onions      Squash: Winter  
Salad Greens:  
*Mixed Lettuce, Leaf, Mizuna, Tat Soi, Arugula*  
Hearty Greens:  
*Bok Choy, Chard, Collard Greens, Kale, Mustard Greens*

### Fruits

Apples      Berries: Frozen      Frozen, Canned,  
Pears      Rhubarb: Hothouse      or Dried Fruit

### Seafood

Clams      Mussels      Scallops  
Geoduck      Oysters



## YOU'RE INVITED TO THE SMALL FARM EXPO!

Where can Puget Sound-area small farmers and rural landowners go to get the latest information on live-stock, crops, land management and more? The Small Farm Expo! This fun and educational annual event exists to provide you with the technical resources you need for success. On March 19th, the 4th annual Small Farm Expo will happen at the King County Fairgrounds in Enumclaw, where a wide variety of activities will take place.

- Don't miss the incredible speaker schedule featuring local farmer Henning Sehmsdorf and renowned gardener Marianne Binetti.
- Check out our local spinner's circle and the antique tractor display in the Livestock Barn.
- Attend workshops on composting on your farm and chainsaw safety and maintenance. See pages 6 and 7 for more details.
- See 4-H participants give public presentations in the Heart of Washington Activity Hall and

watch them show their animals in the 4-H horse, dog, and rabbit shows.

- Check out our Covered Arena Demonstrations which include goat harnessing, Argus Ranch dog agility, pony driving, sheep herding, and Dr. Jason Henke, a local horse chiropractor from Baze Chiropractic.
- Learn how to use free web resources such as iMAP, a site that gives you details about your property, with the 4-H technology van in the Heart of Washington Activity Hall.
- Visit with yaks, turkeys, highland cattle, llamas, alpacas, pigs, and goats in our Livestock Barn and stop by the horseshoeing tent to see how this delicate work is done.
- Delicious concessions provided by New York Catering and Mt. Rainier Espresso of Enumclaw!



A Happy Small Farm Expo 2004 Attendee.

## Do you recognize this emblem?



*If you've been involved with 4-H, we want to re-connect with you!*

Visit our Web site at <http://4h.wsu.edu> to learn more about the Washington State 4-H Youth Program and click on the button to provide your contact information and receive our newsletter and other updates.



## WHAT'S UP?

**If it's a hometown happening you'll find it in the hometown newspaper.**

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## — FEATURED SPEAKER BIOGRAPHIES —

### Marianne Binetti-

Marianne Binetti has a degree in horticulture from WSU but also grew up on a 40 acre farm near Enumclaw. She writes a syndicated column, appears weekly on the Seattle P-I garden page, and also give radio tips on KIXI. You may recognize her from her frequent guest spots on HGTV including "Gardening by the Yard". Binetti's latest book for spring 2005 is called "The Best Plants for WA and OR" which she will have available at the Small Farm Expo. Her presentation, "Organizing Your Farm and Outdoor Space" will cover landscape layout, green solutions to paths, deer and pest control, best plants for our area, and



Marianne makes soil lasanga at the 2003 Small Farm Expo

how to use your body for heavy work as you age.

### Henning Sehmsdorf-

Henning and his wife, Elizabeth, have successfully discovered an alternative to two jobs--a sustainable, small-scale farm! These two former UW professors have gone from two full-time incomes to one half-time income. How? They maximize their resources and limit the inputs that they bring onto their farm for the production of beef, pork, lamb, chicken, milk, and garden and orchard products. Henning and Elizabeth grow their own feed for the animals and also provide their family and several interns with fresh produce and fruit, meat, milk, butter and cheese. The Sehmsdorfs sell shares of their one Jersey cow to provide 23 families with raw milk on a ten-month contract, sell vegetables through a CSA, beef, pork, lamb on a custom basis, and eggs and occasionally fruit and flowers on a walk-in basis. Rather than use conventional economics

when evaluating a farm operation, Henning focuses on five areas: food, shelter, transportation, health, and entertainment and will tailor his talk using statistics from King County.



Henning talks about the importance of taking care of your soil

This booklet is available in alternative formats. Call 206-205-3206 or TTY Relay, 711.

Produced by King County WLR  
 Visual Communications & Web Unit.  
 File name: 0501smFARMexpo.indd wgab

## GETTING TO THE SMALL FARM EXPO

The King County Fairgrounds are easy to get to from anywhere in the Puget Sound area!

**From the north**, go south on Interstate 405 to the Maple Valley Highway (State Route 169) and go south to Enumclaw and follow the signs.

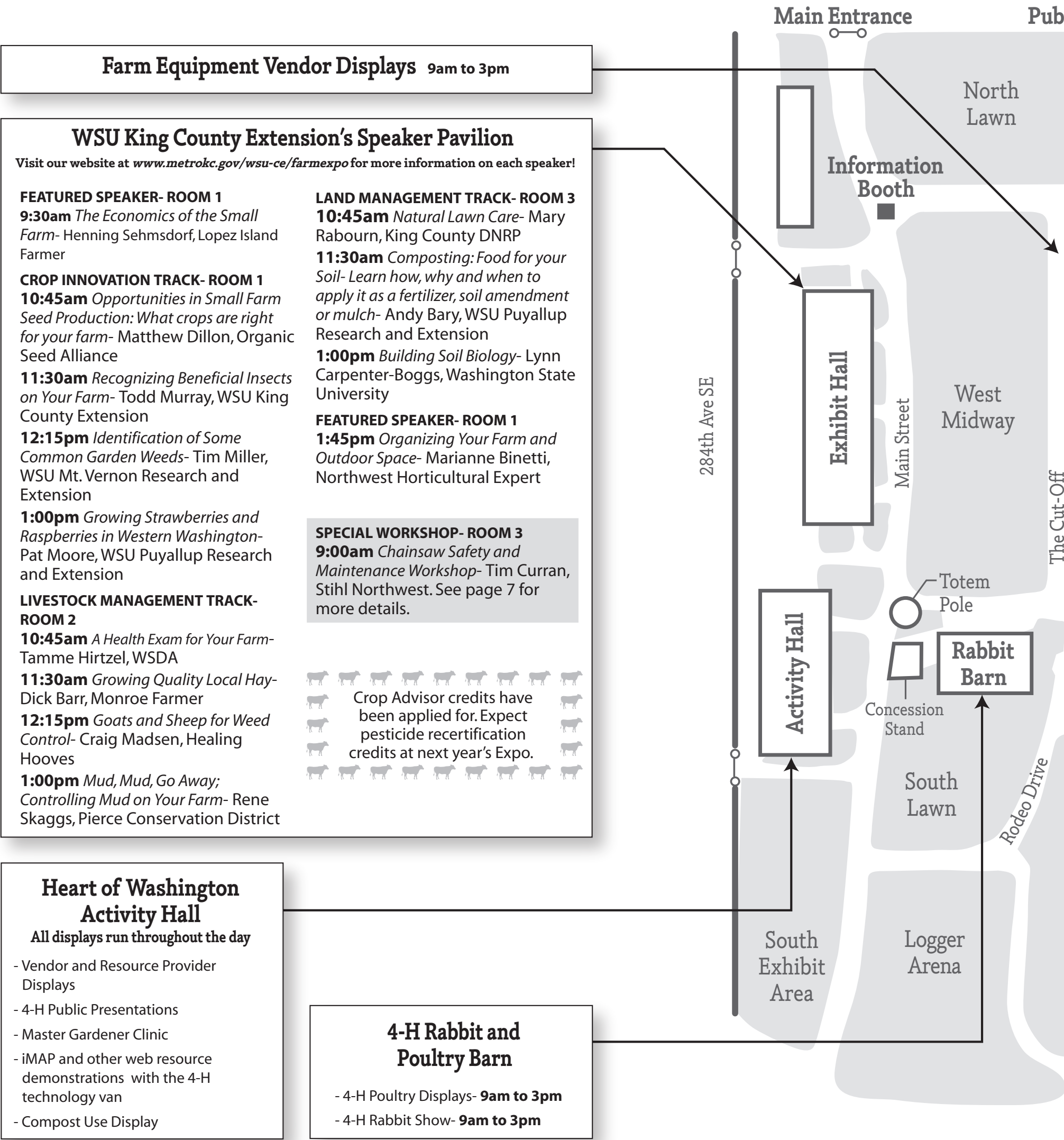
**From Interstate 5**, take Highway 18 east to Auburn, and State Route 164 east to Enumclaw and follow the signs.

**From the south**, take State Route 167 and go east on State Route 410 to 284th Avenue SE.

Once you get to Enumclaw, there will be plenty of signs for the fair. The grounds are on the southeast corner of the city just off Hwy 410 to 284th Avenue SE. Parking is available in the north lot adjacent to the fair grounds.

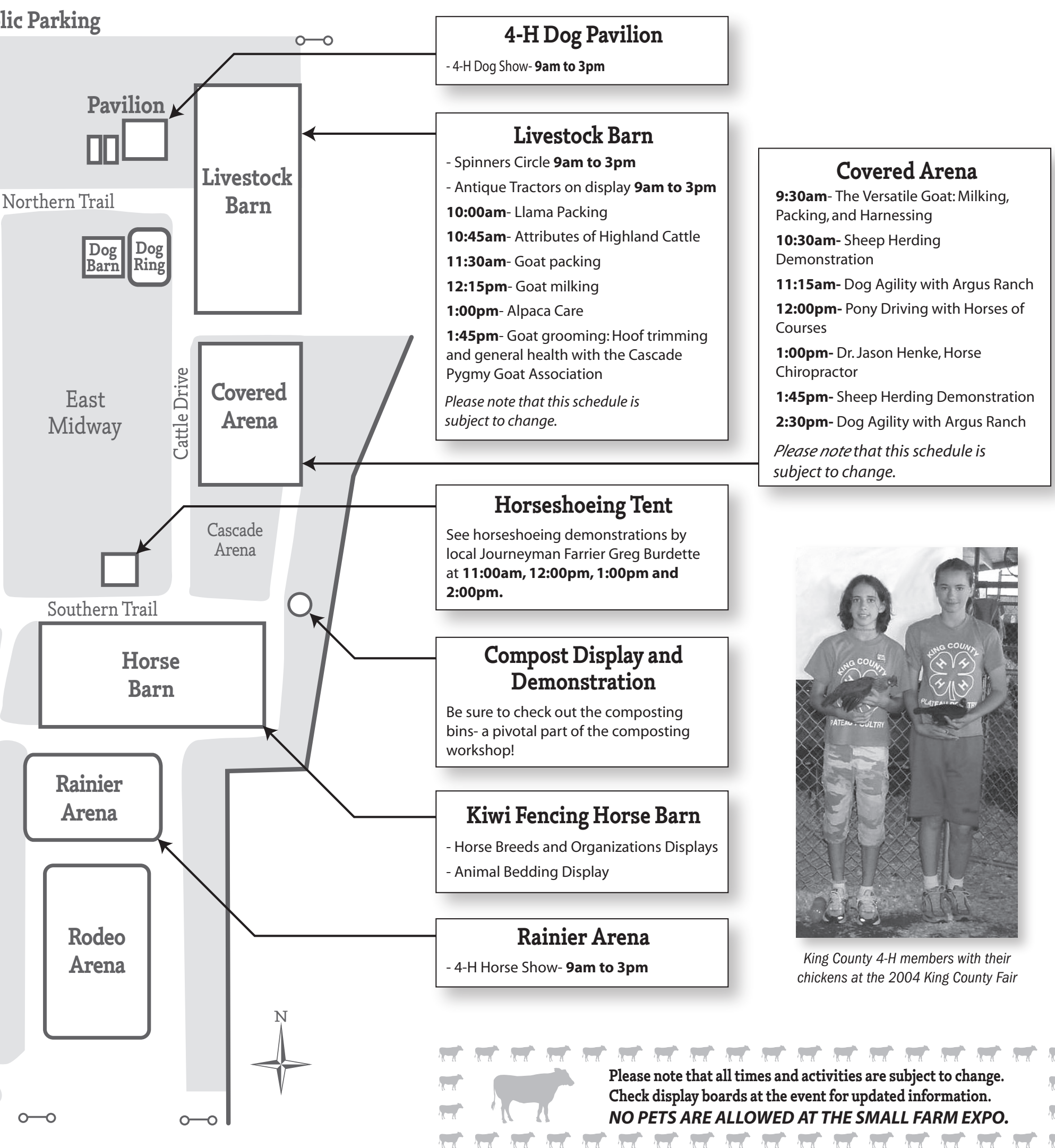
To get directions from your point of origin, please visit <http://www.metrokc.gov/parks/fair/hittrail/driving.htm>

# SMALL FARM EXPO HAPPENING





# GS AND FAIRGROUNDS MAP



King County 4-H members with their chickens at the 2004 King County Fair

Please note that all times and activities are subject to change.  
Check display boards at the event for updated information.  
**NO PETS ARE ALLOWED AT THE SMALL FARM EXPO.**

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KUDOS TO THE  
KING COUNTY  
AGRICULTURE  
COMMISSION

Once a month a dynamic group convenes to contribute to the effort of keeping farming surviving and thriving in King County. Selected for their expertise and willingness to commit their valuable volunteer time, 12 farmers and agriculture-experienced citizens provide policy and regulation recommendations to the KC Executive and County Council.

The Commission includes crop farmers, cattle raisers, dairy and sheep farmers, a farmer's market manager, Christmas tree farmer, bee and honey farmer and strawberry grower who discuss current issues affecting agriculture in King County. Collectively they bring over 200 years of farming experience to this endeavor. The variety of agricultural and personal experiences makes this group an amazing collective of local agricultural representation.

There are currently vacancies, please see the KC Agriculture Program advertisement on inside cover page, or come to the booth at the Small Farm Expo for more information. The Ag Commission meetings are open to the public, and farmers in particular are strongly encouraged to attend to provide comment, ask questions and bring attention to matters of importance for the Commission to consider addressing.

Please come and meet some of the Ag Commission members at the Expo. They would love to meet you and hear your concerns, ideas or questions on farming in King County.

LIVESTOCK MANURE:  
NUISANCE OR NUTRIENT?

Is your livestock manure  
pile going to waste out  
behind the barn?

Is your livestock manure pile  
taking up space that could  
be used more effectively?

Is your livestock manure pile  
causing problems between  
you and your neighbors?

OR...

Do you have a garden,  
pasture or very large lawn?

Do you want to ensure that your  
soil has the organic material  
and nutrients it needs to  
produce the results you want?

Do you know of a pile of  
livestock manure in your  
area that could be put to  
good use in your soil?

If you answered yes to any of these questions, or if you want to learn more about how to compost your livestock manure AND/OR learn more about the great natural fertilizer, soil amendment and mulch, commonly known as livestock manure then you don't want to miss

the opportunities at the Small Farm Expo. There will be:

- a comprehensive presentation by Andy Bary (see bio below) on how to compost and use livestock manure
- a hands-on demonstration of what works best for various plants and shrubs
- tips on manure management to show you how to compost livestock manure in an environmentally sound, chore efficient and aesthetically pleasing manner
- a bedding display to help you decide how much bedding you need for your livestock and what types compost the best for various soil amendment uses
- a 3-bin compost display to see what bins look like and how they work
- a chicken-composter demonstration to show how those industrious creatures can make great partners in manure management

**Andy Bary** - Andy is a Soil Scientist at WSU Puyallup Research and Extension Center in the Department of Crop and Soil Sciences. Andy is an expert in the use of organic materials (manures, compost biosolids etc.) in agricultural and urban settings. One of his many responsibilities is conducting research and educational programming related to agricultural utilization of livestock manure and other organic by-products. Affectionately known as the "Compost Guru", Andy is an excellent and enjoyable speaker on the intricacies of making compost and the various ways to apply this great natural resource.

WIN PRIZES  
AT THE SMALL  
FARM EXPO!

-Fill out our event survey and enter to win a gift certificate from  
**Renton Western Wear!**

-Be one of the first 25 people to complete an agriculture passport by visiting 15 locations around the fairgrounds at the Expo and win a Chinook Book full of valuable coupons! Pick up a passport on your way in the entrance gate and turn in the completed passport to the same location. One per family please.



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## CHAINSAW SAFETY AND MAINTENANCE: A HANDS-ON WORKSHOP

Chainsaws have become an everyday tool for a wide variety of individuals. Once the tool of the professional logger, today more than 25 makes of saws are available in a wide variety of sizes and configurations. However, chainsaws are inherently dangerous and the risk involved with operating them is obvious. What is less obvious is the fact that there are over a hundred causes of chain-saw injuries and deaths. By far the most common cause of chainsaw accidents is "kickback." Kickback occurs when the cutting teeth on the chain or the chain itself catches or binds in the cut. Controlling the saw becomes impossible, very often striking the operator and resulting in serious injuries, or

death. Most saws in service today have safety features such as chain brakes, safety chains, and dead-man switches. However, these improvements on their own are not enough to ensure the safety of the operator.

### **This course will help you stay safe!**

In this course, you will learn:

- Basic Chainsaw Operation Safety
- Safety Gear and Equipment
- How to Maintain Your Saw

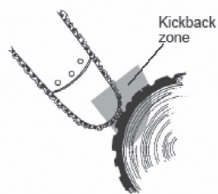
BRING YOUR SAW as well as any basic tools that came with it! This is a Hands-on Workshop taught by Tim Curran of Stihl Northwest.

Please register to ensure space by calling 206-205-3206.

### **Avoid Injury**



Blade nose strikes another object



Improper starting of bore



Top or blade nose touches bottom or side of kerf during reinsertion

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Dave and Kari Wagler



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**King County Extension provides  
outreach, education and technical assistance through the  
WATER LAND FORESTS FARMS & FOOD (WLFFF) Team**

**Imagine...**

A healthy, vibrant local agricultural and natural resource system supported by local communities. Youth and adults involved in learning gardening, landscaping, farming, resource management techniques, and a stewardship ethic to protect and enhance local environments.

*This is the vision of the WLFFF Team.*

Are you new to farming or changing your farming focus? The **Cultivating Success** course series can provide you with the tools you need to succeed at sustainable small-scale farming. The series includes these components:

- Sustainable Small Acreage Farming and Ranching – *Farming Opportunities Overview* (Fall)
- Tilling the Soil of Opportunity – *Business Entrepreneurship* (Winter)
- On-Farm Training (Spring/Summer)



Are you a new small acreage land owner, woodland property owner, or livestock owner? Do you have questions about how to best take care of your investment? **Information is available!** We can help! Trained Extension volunteers are willing and able to help you *at no cost*.

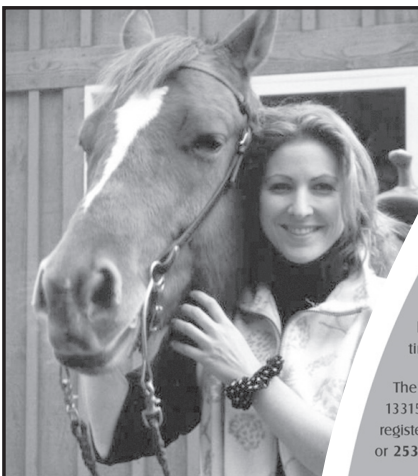
Curious about your local environment? Join us for our FREE and exciting **Extension Education Event** series open to the public:

- **March** - Community Supported Agriculture (CSA's): Reasons and Resources for Eating Locally
- **April** - Reap What You Sow: An Introduction to Vegetable Gardening
- **May** - Household Hens: Raising Chickens in Your Backyard
- **June** - Meet The Beach: Exploring Puget Sound At Low Tide
- **July** - Beneficial Insects in Your Backyard: How to Attract and Keep Them
- **August** - Pest-Proofing Your Home and Yard
- **September** - Yard Waste and Food Waste Composting - Building Healthy Soils in Your Backyard
- **October** - Inviting Wildlife into Your Backyard
- **November** - Volunteerism for Everybody: Diversity, Equity and Inclusion
- **December** - Puget Sound Geology

Are you interested in getting involved in your local community but feel like you need some training? Take part in one of our **stewardship training** programs, then get out there!

- Extension Forest Advisors (now accepting applications!)
- Extension Watershed Stewards (Winter application)
- Master Gardeners (Fall application)
- Extension Livestock Advisors (contact us for training information)

**The WLFFF Team at WSU King County Extension is here to help you! Contact us for more information:  
206-205-3100  
[www.metrokc.gov/ws-u-ce/agnr](http://www.metrokc.gov/ws-u-ce/agnr)**



Erin Ewald and her horse, Buddy.

**G**ig Harbor and the Key Peninsula have a new small farm planner. Erin Ewald was hired in July by the Pierce Conservation District. She will be working with local cooperators to implement Best Management Practices such as manure & pasture management, heavy use area protection, and buffer establishment to help protect and improve water and soil quality. She will also be participating in local fish and shellfish habitat improvement programs. If you are interested in establishing a resource management plan for your farm, or are interested in finding out more about District programs and services, please contact Erin at 253-845-9770 x 105 or email at [erine@piercecountycd.org](mailto:erine@piercecountycd.org)

Erin has a B.S. in Environmental Science and was previously a small farm planner for the central Kitsap area. She and her husband live in Gig Harbor with their three dogs and two quarter horses.

Workshops are sponsored by the Conservation District, Peninsula Light and KGI.

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**FREE Farm Management Workshops**

The Pierce Conservation District will soon be holding a series of workshops to help livestock owners learn about the best practices for mud, manure and pasture management. The April 2nd workshop will be held at North Fjord Farm on Fox Island. Mike Maggitti of *Gallagher Fence* will be the presenter. This clinic will cover the how to's of electric fence set up, bracing and maintenance, as well as some tips and tricks on how to turn that tired or newly cleared dirt paddock into lush pasture.

The March 16, 23 & 30 workshops will be held at the Peninsula Light Headquarters, 13315 Goodnough Drive NW from 6:30-8:30pm. For further information, or to register, contact Erin Ewald of Pierce Conservation District at [erine@piercecountycd.org](mailto:erine@piercecountycd.org) or 253.845.9770 x105. Registration is limited to 30 people.

*This series brought to you, in part by KGI Watershed Council.*

**Mud Management—March 16th, 6:30-8:30pm, PenLight**

- Alternative surfacing materials for heavy use areas
- Tips on reducing mud
- Filter strips



**Manure Management—March 23rd, 6:30-8:30pm, PenLight**

- Bedding materials
- Composting tips and designs
- How to use manure as fertilizer

**Pasture Management—March 30th, 6:30-8:30pm, PenLight**

- Tips to improve pasture production
- Soil sampling
- Preventing or reducing weeds and moss in pastures

**Electric Fencing & New Pasture Clinic—April 2nd, 10am-12:00pm, Fox Island**

- Grounding and Energizers
- Corner Construction
- Pacific Northwest pasture seed varieties

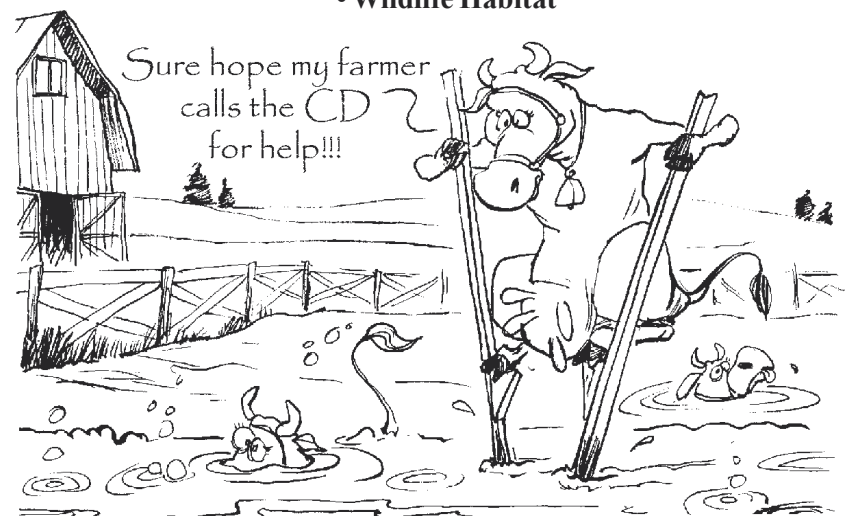


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